



# DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie	4 Lemon Baked Fish Pesto Pasta Asparagus Cucumber Salad Pears Dessert	5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	9
9	10 Pork Chops Mashed Potatoes /Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Split Pea & Ham Soup Deluxe Turkey Sandwich Apple Wedges Peaches Dessert	12 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Cherry Crisp	13
16 	17 Meatloaf Mashed Potatoes / Gravy Green Beans Waldorf Salad WW Roll Oatmeal Cookies	18 Baked Chicken Rice Pilaf Broccoli Normandy Greek Salad Fruit Salad WW Roll Dessert	19 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	20
23	24 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	25 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Egg Roll Fruit Cocktail Dessert	26 Beef Stroganoff Green Beans Lettuce & Tomato Salad Apricots Dessert	27
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>				

**Visit our website at [www.octn.org](http://www.octn.org) . Follow us on Facebook!**

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

Call 509-826-7979 for information on Meals on Wheels





# ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	3	4 Chicken Fajitas Southwest Salad Pineapple Dessert	5 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Cranberry Salad Dessert	9
9 Ham Steak Scalloped Potatoes Spinach Salad Fruit Juice WW Roll Dessert	10	11 Beef Stew Tossed Salad Banana Biscuit Dessert	12 Cabbage Roll Casserole Green Salad Strawberries & Bananas WW Roll Dessert	13
16 	17	18 Split Pea & Ham Soup Turkey Sandwich Deluxe Peaches Dessert	19 Beef Stroganoff Green Beans Lettuce & Tomato Salad Fruited Jell-O	20
23 Chicken Salad Wrap Vegetable Soup Grapes Dessert	24	25 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	26 White Bean Chicken Chili Pea Salad Fruit Juice Cornbread Dessert	27
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				

**Visit our website at [www.octn.org](http://www.octn.org) . Follow us on Facebook!**

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

Call 509-826-7979 for information on Meals on Wheels





# WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad Berry Crisp	4 Honey Dijon Chicken Wild Rice Beets Pea Salad Banana WW Roll Dessert	5 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	9
9	10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	12 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Mixed Fruit Dessert	13
16 	17	18	19	20
23	24	25	26	27
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				

For information about Home Delivered Meals call 509-826-7979.  
You can visit our website at [www.octn.org](http://www.octn.org) and follow us on Facebook!  
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

